

11. Practice meditating on scripture. Pick a passage (a Psalm, a Gospel passage). Invite the Holy Spirit to guide you. Read the passage twice slowly, out loud if you can, with one minute of silence in between. Notice if there is a word or phrase that shimmers (stands out) to you. Re-read the passage again and reflect on that word. Let it fill your mind and penetrate your heart. What might God be saying or reminding you of? After silent reflection, read one last time as a prayer and commitment to live it out.

PAUSE, PONDER & PRAY

“My soul, wait in silence for God alone,
For my hope is from Him.
He alone is my rock and my salvation,
My refuge; I will not be shaken.”

– *Psalm 62:5-6 (NASB)*

NOTES & QUOTES



WEEK 3: SILENCE & SOLITUDE

CONNECT (BUILD RELATIONSHIPS)

1. Where are you guilty of collecting a bunch of knowledge but not acting on it or doing anything with it (we all do this, so be kind to yourself and have fun with this)?
2. Where do you go to find solitude (i.e., nature, living room, behind a locked bathroom door)? What is the best time of day for silence and solitude in your life?
3. What is the difference between just being alone and actually practicing spiritual solitude and silence? How do you turn aloneness into solitude?

THRIVE (EXPLORE BIBLICAL TRUTH)

The practice of Silence & Solitude defined: **“Intentional time in the quiet to be alone with God, and our own soul. It’s the space we make for God to love us, and to transform us into people of love.”**

4. Read Mark 1:21-38. Mark places his account of a day in the life of Jesus at the very beginning of his gospel almost as an introduction. What do you notice about Jesus and how he lived?
5. From the context of these verses, what is the source from which Jesus drew his authority to teach and to heal (v. 21, 27)?

6. After a day like this, what pressures could Jesus feel as a new day dawns? What might he have prayed about? How might this relate to his discernment and decisions on what to do and where to go (v.38)?
7. Read 1 Kings 19:1-13. What are the similarities/differences between Elijah’s and Jesus’ response to a demanding day of ministry and spiritual warfare? What role does silence and solitude have in restoring Elijah and giving him discernment to hear God’s voice and direction?

COMMIT (BE ON MISSION)

8. If Jesus was the Son of God, why did he still choose to practice silence and solitude with God? Was it just to be an example or did it benefit him personally? How might we likewise benefit from this foundational practice?
9. Consider the two dimensions of silence – external and internal. External is when we get away from all the people, noise and stimuli and let our body come to quiet. Internal – is when we calm and centre our mind on God. We come to a kind of mental and emotional rest in God. Which of the two is more difficult for you? Where do you need an increased sense of silence in your life? How might you pursue this?
10. Try a simple Breath Prayer either silently or quietly for 5 minutes. The idea is to breath in and out, slowly and deeply, repeating a passage of scripture several times. I.e., breathe in ‘The Lord is my Shepherd’ then breathe out ‘I shall not want’ (Psalm 23:1). What do you notice about your mind, body, and soul as you do this? What other scriptures could you use to pray?